



Tools For Action

A sample of physical education initiatives in Wisconsin

Active Lifestyles

Contact Information

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Title of Main Contact Curriculum Support Teacher
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School District Name Fond du Lac
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Program Information

Program Name Active Lifestyles
Program Category Activities done outside of PE class time for additional credit
Grade Level 6-8
Assessment Method Impact on behavior (increase in active minutes or miles walked)

Program Information

Products Developed or Materials Used:

Stretch bands

Program Description:

To encourage physical activity outside of class, students record the time they are active in their planner or a log sheet. Parents can also be involved and log their activity level. The information is incorporated into their grade.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)